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## NE Lesson Code BF-000-21

### Breastfeeding Basics: Positioning and Latch-On

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This is a motivational and educational lesson for pregnant women and their partners. It is one of three lessons developed for use with *Breastfeeding: The How-To, Can Do* video. Lesson BF-000-20 covers information given during the first 15 minutes of the video. **Lesson BF-000-21 covers information from the last 15 minutes of the video.** A third lesson for expectant fathers, BF-000-22, may be used to support *Men and the Breastfeeding Experience*, a 5-minute video segment at the end of *Breastfeeding: The How-To, Can Do* video.

#### OBJECTIVES:

Participants will be able to:

- ? name 2 ways to tell if a baby is getting enough milk.
- ? demonstrate correct positioning for breastfeeding.
- ? name one way to prevent or manage engorgement.

#### MATERIALS:

**Videotape Program:** *Breastfeeding: The How-To* video (produced by Vida Productions, approximately 25 minutes, English.). For this lesson, participants will need to view the last 15 minutes of the video. Start the video at the end of the first 10 minute segment, where “Breastfeeding Basics” begins.

Doll (breastfeeding doll if you have one)

Handouts:

- ? *Tips for Nursing Mothers: Engorgement and Sore Nipples*, stock #13-106, which may be downloaded from the Texas WIC web site at: <http://www.tdh.state.tx.us/lactate/tengore.htm> or <http://www.tdh.state.tx.us/lactate/engorgeeng.pdf> or the one-page handout under Frequently Asked Questions, *How do I hand-express my breastmilk?* at: [http://www.tdh.state.tx.us/wichd/bf/faq\\_hand\\_express.htm](http://www.tdh.state.tx.us/wichd/bf/faq_hand_express.htm)
- ? *Breastfeeding: A Gift of Love*, stock #13-14
- ? A large box wrapped like a birthday gift
- ? Keys or breastfeeding crib card, Stock #13-25, (optional)

#### Note about Evaluation Forms for New Lessons:

The first few times a new lesson is presented, staff and participants need to complete the evaluation forms attached at the end of this lesson. Please note that the staff evaluation form is different from the participant evaluation form. Only 10-20 participant evaluations need to be completed. Please mail completed evaluations to:

Delores Preece  
Texas Department of Health  
Bureau of Nutrition Services  
1100 W. 49<sup>th</sup> Street  
Austin, Texas 78756

## TEACHING TIPS:

Start about 10 minutes into the video where the “Breastfeeding Basics” section begins. Have the video fast-forward and ready to start before the class begins. Show this part of the video (about 15 minutes) until the video short, *Men and the Breastfeeding Experience*, begins.

Because *Breastfeeding: The How-To, Can Do* video has so much information, participants may have questions raised by the video. Encourage them to ask questions and to discuss their concerns.

Have pictures of nursing moms and breastfeeding promotion posters displayed in the waiting room and the classroom. If you have the *Breastfeeding Interactive Bulletin Boards (BIBBS)*, you may display pictures in this series or posters such as stock #13-158, *Start a Family Tradition: Breastfeed*, stock #13-16, *Baby’s First Immunization* and stock #13-177, *Breastfeeding and Working Works for Me*.

When moms practice positioning and latch-on, have a breastfeeding peer counselor or other experienced WIC breastfeeding mom present to demonstrate.

## ICEBREAKER:

**Today is a very special day--my birthday! Or, rather, I am *pretending* it is my birthday.** In fact, I’d like everyone in this room to celebrate her (or his) birthday today! And this is my present. Point to the gift-wrapped box.

**Whatever is in this box is the perfect gift for me--because I picked out exactly what I want for my birthday.** Pretend that whatever is in this box is your birthday present, too--and that it’s the perfect gift for you because you picked out exactly what you want!

Ask participants to take turns naming what their birthday gift might be: keys to a new car, money, gift certificate, clothes, dishes, baby furniture, tickets to a vacation in Hawaii.

**Soon each of you will be celebrating the birthday of your baby!** Each soon-to-be mom in this room has a very special gift that your baby would love to receive from you--your breastmilk. It is the perfect gift for your baby, made exactly to fit all his or her needs. And your baby will benefit from it throughout his or her lifetime.

## VIDEO:

Show the last 15 minutes of the 25-minute video, *Breastfeeding: The How-To, Can Do* video. Start with the segment “Breastfeeding Basics.”

## ACTIVITY:

Ask participants to take turns practicing correct positioning with dolls and evaluating each other’s positioning. If dads are in the class, let them take turns evaluating their mate’s correct positioning.

? Baby’s face, tummy and knees should face mom.

- ? Baby's nose is pressed against mom's breast.
- ? Baby's head, shoulder and body are in a straight alignment.

After their babies are correctly positioned at the breast, have participants take turns telling how to ensure good latch-on.

- ? Keeping your fingers off the dark part around the nipple, support your breast with your hand.
- ? Tickle your baby's lips and chin with your nipple.
- ? When baby's mouth opens wide like a yawn, quickly bring baby toward you onto the breast with as much of the dark part around the nipple in the baby's mouth.
- ? If you feel pain, put your finger between your breast and your baby's mouth and release your baby from the breast. Begin again.

**By correctly positioning and latching on at your breast, your baby will be better able to empty the breast.** Express a few drops of breastmilk just before you nurse your baby and breastfeed often, about every 1 ½ to 2 hours. This will prevent engorgement.

**Now that your baby has been correctly positioned and latched on, you are ready to burp your baby.** Let's practice the two different burping positions we saw in the video. If dads are in the class, allow them to burp the doll.

## OPTIONAL ACTIVITY:

During the last few minutes of the class, let each participant take a key from the birthday gift box. The keys can be either

- ? baby rattles in the shape of a key, or
- ? actual keys, or
- ? bread or cookie dough baked in the shape of a key.

Around each key, tie a red ribbon with a tag. Each tag will name one of the five "keys to successful breastfeeding" named in the video:

- ? Have confidence.
- ? Breastfeed early (within the first 30 minutes of birth) and often.
- ? Stay close to your baby.
- ? Avoid bottles and pacifiers the first 4-5 weeks.
- ? Get support--ask family and friends to help with cooking and housework.

Ask participants to take turns reading their key tag. Make sure there are enough "keys" for each participant. This means some will be the same. Make sure all the different "keys" are named.

## OR

Instead of keys, put breastfeeding crib cards, stock #13-25 in the gift box. Ask participants to take turns reading one of the ways to tell if your baby is getting enough to eat.

## **DO ORAL EVALUATION:**

Distribute the handouts as participants leave the classroom.

**These will help you remember what we talked about in class.** Please call me or the breastfeeding hotline number if you have any questions or concerns.

# Oral Evaluation

TRUE OR FALSE

1. Your baby should be facing you, tummy to tummy and nose to breast while you are nursing.

TRUE

FALSE

2. A good way to treat engorgement is to express a few drops of milk before nursing your baby, and nurse often.

TRUE

FALSE

**\*\*If your class did the Optional Activity, ask questions 3 and 4:**

3. To tell if your baby is getting enough to eat, check the number of wet and soiled diapers he makes each day.

TRUE

FALSE

4. Confidence has nothing to do with breastfeeding.

TRUE

FALSE

MULTIPLE CHOICE

5. Which of the following are keys for successful breastfeeding:

- 1) Get someone to help with cooking, laundry and housework.
- 2) Be confident that you can breastfeed.
- 3) Nurse your baby as soon as you can after birth--within the first 30 minutes if possible.
- 4) void giving your baby bottles or pacifiers the first 4-5 weeks.
- 5) Nurse your baby often and keep your baby close to you.
- 6) All of the above.

**ANSWERS:**

1. True
2. True
3. True
4. False
5. All of the above

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**Breastfeeding Basics: Positioning and Latch-On**  
**Evaluation Form - Participant**

**1. The name of the video I saw today was:** \_\_\_\_\_

**2. I am: (you may circle more than 1)**

- a. Pregnant
- b. Breastfeeding
- c. Parent of an infant
- d. Parent of a child
- e. Family or friend
- f. Teenager

**3. How much did you like the video?**

- a. A lot
- b. A little
- c. Not at all

**4. Do you plan to use the ideas from the lesson?**

- a. A lot
- b. A little
- c. Not very much

**5. Do you think this is a good video to show at WIC?**

- a. Yes
- b. No

**Why?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**6. What is the most useful thing you learned from the video and discussion today?** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**7. Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Thank you for your comments and participation!

Delores Preece  
Texas Department of Health  
Bureau of Nutrition Services  
1100 W. 49<sup>th</sup> Street  
Austin, Texas 78756